Twitter Thread by Alexander Cortes PhD, Fitness, Nutrition, Fat loss



Alexander Cortes PhD, Fitness, Nutrition, Fat loss
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PROTECT YA NECK YOU SKINNY MAGGOTS

I wrote the definitive guide to NECK training

Every exercise, every kind of workout, every set and rep and range

How to start, how to progress,

Everything you need

Only $11 until Sunrise

And 24 remaining

And 23 remaining

And 21 remaining

And 20 remaining

And 19 remaining

And 17 remaining